

GIFT

402

VICTORIA PUBLIC SCHOOLS
VICTORIA, B.C.

DOMESTIC SCIENCE

COURSE 1

HOUSE MANAGEMENT
HOME NURSING
LAUNDRY WORK



HISTORICAL

BY

ANNIE B. JUNIPER

SUPERVISOR OF DOMESTIC SCIENCE, VICTORIA PUBLIC SCHOOLS
VICTORIA, B.C.

PROVINCIAL LIBRARY
VICTORIA, B.C.

B.C.
640.713
J95



DISCARDED
FROM
LEGISLATIVE LIBRARY

B.C.
640.713
J95

GIFT

MAR 8 '65

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD I.

THE CHOICE, CLEANING AND CARE OF A KITCHEN SINK

CHOICE

Kinds:—

1. Porcelain, either white or buff colored. These look and wear well and are easy to keep clean.

2. Enamel on iron. These look well and are easy to clean, but if the enamel chips the iron is liable to rust and wear into a hole.

3. Zinc on wood is sometimes used, but does not look well and is difficult to keep clean.

4. Soapstone sinks are dark in color and therefore do not look as well as white sinks, but they are not so hard on crockery as porcelain or enamel.

Buy a sink and back in one piece, with draining boards of the same material, which should overlap on either side of the sink. There should be no cracks where dirt may collect or vermin breed.

A sink with a plug is useful if a movable small strainer is fixed in pipe below plug.

The sink traps should be easily accessible and have a good water seal.

DAILY CLEANING

1. Wash sink, draining boards and sink back each day with hot water and soap, scrub if necessary. Remove obstinate marks by rubbing hard with bathbrick or a scouring soap on a cloth wrung out dry. Flush the sink drain with boiling water.

CARE OF A SINK

1. Never drop heavy articles on a sink.
2. Never clean tins on a sink, as it scratches the surface; place them on paper or on the draining board to scour.
3. Before washing greasy articles, wipe the grease off with newspaper; burn the paper.
4. After putting greasy water down a sink flush with soda water as below.
5. Pour all water containing pieces through a sink strainer.
6. Never use strong acids on an enamel sink.

WEEKLY FLUSHING OF A SINK TRAP

CLEANING APPARATUS

Kettle of boiling water, half cup washing soda, one quart hot water, an enamel saucepan and funnel, potassium permanganate crystals or other disinfectant.

DIRECTIONS

1. Sprinkle a few permanganate crystals over sink drain.

2. Dissolve soda in a saucepan of water, bring it to the boil.
3. Pour boiling soda solution through funnel down drain. Leave for half an hour to cut the grease.
4. Wash and replace utensils.
5. Pour a kettle of boiling water down sink drain to flush it.

THE CLEANING OF A SINK TRAP**CLEANING APPARATUS**

An enamel pail, sink strainer, large monkey wrench, trap brush with wire handle, quart enamel saucepan, half cup washing soda, a disinfectant, boiling water.

DIRECTIONS

1. Put soda and 1 quart hot water into saucepan, dissolve and boil.
2. Pour some disinfectant down sink drain.
3. Place pail under sink trap. Unscrew cap of trap with the monkey wrench.

4. Remove with brush all obstructions from trap.

5. Pour the boiling soda water down sink through trap into pail. When trap is clean replace screw cap.

6. Empty contents of pail into sink through strainer slowly. Burn contents of strainer. See that trap does not leak.

7. Wash all utensils and replace.

8. Pour kettle of boiling water down sink and leave sink clean.

N.B.—If the trap is cleaned periodically the sink will not become stopped up.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 2.

THE CHOICE, CLEANING AND CARE OF A KITCHEN RANGE

CHOICE

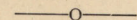
1. A malleable iron range is the easiest to clean, as it requires no blackleading.

2. Choose a plain stove with plain nickel; highly ornamented stoves are out of place and require more cleaning.

3. A stove should stand on feet. It is then possible to sweep under it, otherwise an angle is formed with the floor where dust collects.

4. A stove should be high enough to prevent the fatigue of stooping. An elevated oven is preferable.

5. A stove should be so constructed that it retains as much heat as possible; for this reason the oven should be covered with asbestos.



CLEANING

Apparatus:

Stove rake, ash sifter, stove brush, polisher, dauber, turpentine, blacklead or neatsfoot oil, old cloth, pail of hot water, soap or soda, newspaper or sacking, stove apron, gloves, cap.

Directions:

1. Spread newspaper or sacking around stove.

2. Shut drafts and checks.

3. Remove ashes and soot from top, sides and under oven, brush underside of covers. Rake out soot from door under oven.

4. Shake down contents of firebox, remove clinkers.

5. Sift ashes, retain cinders, brush top of stove.

6. Wash inside of oven, then stove, beginning with bright parts. Use hot water with soap or dissolved soda to remove dirt or grease. Use as little water as possible, rinse cloth often.

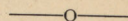
7. Lay fire.

8. Mix blacklead to a thin paste with water and a few drops of turpentine, apply thinly, polish at once. A malleable iron range is not blacklead but is rubbed over with neatsfoot oil.

9. Tidy floor around and under stove. Wash if necessary.

10. Wash cloth and pail, replace apparatus.

Clinkers may be removed by putting on a bed of hot coals a layer of clam or oyster shells or quicklime. The heat converts shells into quicklime, which loosens clinkers. Repeat treatment if necessary.



CARE

1. If anything is spilled on the stove or in the oven rub it off at once with paper.

2. Do not allow the stove to become red-hot.

3. Clean thoroughly whenever necessary.

HOW TO LAY AND LIGHT A KITCHEN RANGE**APPARATUS**

Newspaper or sacking, neatsfoot oil and a thick cloth, or blacklead, tumber and polisher; stove brush; kindling wood, paper, coal and matches; stove gloves.

DIRECTIONS

1. Spread newspaper in front of ash box and shut front drafts.
2. Shake down contents of fire box, remove clinkers.
3. Sift ashes, retain cinders, brush top of stove, polish if necessary.
4. Arrange in layers lightly to admit air: (a) a few cinders; (b) pieces of pa-

per twisted in centre only; (c) small dry sticks cris cross fashion; (d) small lumps of coal.

5. Close the covers and checks, open drafts and damper, apply a lighted match to the paper.

6. When the fire has well started, partly close the front and chimney damper and drafts to prevent waste of fuel.

N.B.—In making up a fire never more than three parts fill coal box; leave a space for air to enter, shake down ashes and leave grate closed. Never poke a hard coal fire from the top.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 3.

S W E E P I N G

APPARATUS

Damp pieces of newspaper, sawdust or washed tea-leaves, a broom, a dustpan, dustcap and gloves.

DIRECTIONS

1. Open window at the top, shut all doors and drawers.
2. If possible put away small articles, and cover big furniture with dust sheets.
3. Sprinkle the damp newspaper or other material over the floor.
4. Begin to sweep that part furthest from the door. Keep the broom nearly perpendicular; sweep from the corners towards the centre; take up the dirt into the dustpan frequently.
5. Leave the room shut up with window open for fifteen minutes for dust to settle.
6. Burn the dirt and paper and wash dustpan; also broom if necessary. Replace everything.

M O P P I N G

APPARATUS

Mop and mop-wringer, or a self-wringing mop; a pail half full of hot soapy water.

DIRECTIONS

A room should be swept before it is mopped.

1. Dip mop in pail of water and half wring it.

2. Begin to mop at the corner furthest from the door, rub a portion of the floor vigorously with the grain of the wood, rinse the mop and wring it tightly, then wipe the cleaned part of the floor dry, before doing more.

3. Change the water frequently.

4. Leave the window open to dry the floor.

5. Empty pail, wash it and the mop, and dry both. Replace everything.

—o—

D U S T I N G

APPARATUS

White cheesecloth dusters are the best, as they quickly show the dirt, and are easily washed and dried.

DIRECTIONS

1. Slightly dampen dusters in steam from a kettle or otherwise.

2. Dust all small articles first, moving them, then the furniture on which they rest; do chairs and table next, lastly window sills, ledges, doors and baseboard. Take clean dusters when necessary. The dust should be wiped up, not flicked from place to place.

3. Wash and hang cloths to dry.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 4.

WINDOW CLEANING

APPARATUS

Stepladder, an enamel pan, clean cheesecloth, a damp duster, a chamois leather or newspaper, warm water, ammonia.

DIRECTIONS

1. Dust window shade on both sides. Take it down to do this and note which end goes in the socket.
2. Dust window and woodwork around it, both inside and outside.
3. Half fill pan with warm water, add one teaspoonful of ammonia to each quart. Stand the pan of water on newspaper.
4. Dip a piece of cheesecloth in the water, squeeze it almost dry, wash the glass well with this, rinse cheesecloth frequently, do the corners carefully, using a wooden skewer if necessary. Begin at the top of the window and work downwards.
5. Dry with dry cheesecloth or a linen cloth.
6. Polish with a chamois or crumpled newspaper.
7. Both sides of the window should be cleaned.
8. Replace window shade with care. See this works correctly.
9. Wash, dry, and replace apparatus.

Choose a dull, not sunny or frosty day for window cleaning.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 5.

THE CLEANING OF PAINTED AND VARNISHED WOOD

APPARATUS

Pail of warm water, wash cloth, two drying cloths, borax or ammonia, castile soap.

DIRECTIONS

1. Put one tablespoonful borax or ammonia into half a pail of warm water.
 2. Begin to wash at the top of the wood and work downwards. Use as little water as possible on the wood, but rinse washcloth frequently. Wash only a small portion of the wood at a time and dry it before washing more. Rub with the grain of the wood. Use a little mild soap on the cloth for obstinate marks.
 3. Wash, dry, and replace apparatus.
-

CARE OF FINISHED WOOD

1. Never use soda, washing powders, or strong soap on painted, varnished, or stained wood, as they spoil the surface finish.
2. All finished woodwork is preserved and improved by being rubbed with coal oil. The oil should be rubbed into the wood, left for an hour or two, and then be polished with a clean dry duster.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 6.

THE CHOICE, CLEANING, AND CARE OF SILVER

CHOICE

1. Plain silver without ornamentation looks well and is easier to keep clean.

2. Solid silver, if thin, is light and bends easily. If of English make it usually has a lion rampant on it and it is said to be hall marked. Rogers 1847 is a good silver plate on white metal. Nevada silver is cheaper.

Relative cost of a tablespoon: Solid silver, \$3.00; Rogers 1847, 50c.; Nevada silver, 15c.

CLEANING

Apparatus:

Newspaper, silver polish or Colgate's silver soap, small soft cloth, soft tooth brush, two clean soft dusters, clean chamois leather and plate brush.

Directions:

Note:—If table silver is badly tarnished wash and dry in usual way, using hot soapy water, immediately before cleaning as below. Salt on a damp cloth removes egg stains.

1. Spread newspaper on table.
2. Mix polish well and apply with small cloth, rubbing all parts well. Use tooth brush to apply to raised ornamental surfaces.

3. When polish is dry, use a duster in either hand, holding article with one, and rub lightly with the other. Use plate brush for cracks and crevices.

4. Polish with chamois.

5. Wash and dry cloths and replace apparatus.

Recipe for Silver Polish:

Dissolve two level tablespoonfuls of borax in one cup of boiling water; when cold add half cup of alcohol or methylated spirits, and mix with these, gradually, sufficient precipitated whiting to make a thin cream. Keep in a bottle and shake before using.

CARE OF SILVER

1. Keep table silver in sections. Never mix forks and knives.

2. Store away in pockets of a soft material with individual space for each piece. For daily use these pockets may hang on a door. Silver not in use should have camphor packed with it and air should be excluded.

3. All silver articles should be frequently polished with a chamois. Table silver so treated after each meal seldom needs cleaning.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 7.

CHOICE, CLEANING, AND CARE OF KNIVES AND STEEL FORKS

CHOICE

1. The blade should be riveted to handle.
2. The handle should be made in one piece.
3. The handle should balance.

Average cost per dozen: Large size, \$4.00; small size, \$3.50.

CLEANING

Apparatus:

Hot water, soap, dish cloth, towel, jug, potato, bath brick, a kamptulicon or leather covered knife board, duster, and newspaper.

Directions.

1. Spread newspaper on table.
2. Remove all grease by washing (see card on washing up).
3. Remove stains with raw potato dipped in powdered bath brick.
4. Wash and dry.

5. Polish with cork and dry bath brick powder, or by rubbing on kamptulicon board with bath brick or knife polish. Polish (a) blade; (b) back; (c) points; (d) shoulder. If using a board, hold knife flat on board by handle, never touch blade with the fingers. Dust blade and handle with dry clean duster.

6. Place in knife box, handles in same direction.

A steel fork is cleaned in same way, using bath brick and a piece of soft leather. Clean and dust thoroughly the guard and spring of a carving knife.

CARE OF KNIVES

1. Never allow the handles to lie in water.
2. Remove acid stains at once.
3. When not in use keep air tight in stiff paper.
4. Never use a best knife for kitchen purposes.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 8.

THE CHOICE, CLEANING AND CARE OF PASTRY BOARD AND WHITE WOODEN UTENSILS

CHOICE

Choose boards made of seasoned wood and free from knots.

Wooden utensils are made of either soft or hard wood. Soft wood, such as pine, spruce, poplar or basswood are whiter in color, but dent easily. They make nice looking pastry boards and rolling pins. The quartered and comb grain gives a board that wears smooth and does not sliver.

Hard wood, such as oak or maple, makes good table tops and chopping boards, but is darker in color.

Seasoned wood has had the sap dried out and is less liable to warp or decay.

CLEANING

Apparatus:

Cleaning mixture, sapolio or other scouring soap, knife, small crash towel, pan of warm water, scrub brush.

Directions:

1. Scrape with back of knife and remove loose material.
2. Wash over with cloth.
3. Scrub by way of grain, using the mixture or scouring soap.
4. Rinse well with warm water.

5. Rinse with cold water to clear wood.

6. Wring cloth out of cold water and wipe dry.

7. Finish drying in open air if possible.

Note:—If oil or fat is spilt on wooden utensils, pour cold water on to harden it, or sprinkle with flour or starch to absorb it, then scrape and scour with hot water and soap.

Mixture for Cleaning Wooden Utensils:

One pound whiting, one pound silver sand, one pound soft soap, water to cover. Put these materials into an old saucepan, cover with water. Bring to a boil, stirring occasionally and boil gently for half an hour. Put mixture into a covered jar. Use on a brush. Yellow soap may be used if soft is not obtainable. Shred it and dissolve in a little water before adding to the other ingredients.

CARE OF WOODEN UTENSILS

1. Avoid hot water and soda.
2. Dry quickly without heat.
3. Wash and scrub each time after use.
4. Wooden tubs should be left filled with water to prevent shrinkage of wood.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 9.

THE CHOICE, CLEANING AND CARE OF KITCHEN TIN AND ENAMEL WARE

CHOICE

Tin Goods are made by pressing thin sheets of sheet iron together into the required shape; they are then dipped into liquid tin. Cheap tin ware is made of a poor and thin quality of sheet iron, and has a very thin plating of tin, which soon wears off and the article then easily rusts.

Buy well-balanced heavy block-tin goods for hard use.

Enamel ware goods are made of sheet iron coated with a glazed preparation. It is very brittle and easily cracks and chips if knocked or scratched, leaving the iron exposed. Buy the best quality of enamel, the coating is thicker and well finished, it does not chip so easily.

Examine each article carefully to avoid imperfect pieces, since once the enamel is chipped the article soon rusts and wears into a hole.

CLEANING TIN

Apparatus:

Pan of hot water, soap, soda, bathbrick or scouring soap, a scouring cloth.

Directions:

1. If greasy rub with paper to remove grease. Burn paper.
2. Soak before washing in hot water with a small piece of soda to remove grease.
3. Wash with hot water and soap. To remove obstinate marks rub hard with bathbrick or scouring soap on a damp cloth. Rinse and dry with dish cloth wrung dry.

4. Finish drying on cool part of stove.
5. Polish bright tins with whiting polish, as for silver.

CLEANING ENAMEL WARE

Apparatus:

Pan of hot water, soap, bathbrick or scouring soap, a dishcloth.

Directions:

1. Soak utensils used for flour and egg mixture in cold water, greasy utensils in hot soapy water.
2. Wash with hot water and soap. Remove obstinate marks with bathbrick or scouring soap on a damp cloth, rub hard.
3. Rinse and dry with cloth. Replace everything.

Badly Stained Tin or Sheet Iron Utensils will easily come clean if boiled one hour in a bath (use wash boiler) of soda water. Use quarter-cup soda to one gallon of water. Finish as above.

Badly Stained Enamel Utensils will come clean if boiled one hour in hot soapy water. Soda dulls the surface of enamel and causes it to more easily burn. Finish as above.

CARE OF TIN AND ENAMEL GOODS

1. Thoroughly dry all sheet iron and tin goods, grease sheet iron with suet before storing away for a long period.
2. Never drop enamel goods, and do not scour or use in such a way as to spoil the surface.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 10.

CHOICE, CLEANING AND CARE OF BRUSHES

CHOICE

Buy brushes with good bristles in preference to expensive backs.

Hair brooms are better than whisk brooms for wooden floors.

CLEANING

Apparatus:

Warm water, borax, a clean towel and thread for hair brushes and combs, soda and warm water for household brushes.

Directions:

1. Dissolve one tablespoonful borax in a little boiling water, add one quart lukewarm water. The water should not touch the back of brush.
2. Soak brush in water ten minutes. Then wash by dipping up and down until all dirt is removed.
3. Rinse in warm water, then in cold to harden the bristles.

4. Shake well and pat on a towel. Polish back.

5. Dry in the open air, bristles downwards.

Combs.—Soak as for hair brushes and wash, using a nail brush to clean between the teeth. Clean paper or thread will remove obstinate dirt between teeth. Rinse, dry, and finish in open air.

Household Brushes.—Wash by first soaking, then dipping up and down, in a pail of warm water in which two tablespoonfuls soda is dissolved. Rinse in cold water. Shake. Dry in open air.

CARE OF BRUSHES

1. Soak the bristles of all new household brushes in cold water for one hour before using.
2. Wash frequently. Hair brushes and combs should not be allowed to become very dirty. They need to be washed every two weeks at least.
3. Never use hot water for brushes. Wash and dry quickly.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 11.

CHOICE, CLEANING AND CARE OF FURNITURE

CHOICE

1. Avoid poor curves, straight lines are better.
2. Avoid cheap ornamentation.
3. Buy well made furniture; chairs should be strong and comfortable.
4. All furniture should have as few dust surfaces as possible.
5. A wax finish, polished, looks better than varnish.

CLEANING

Apparatus:

Bowl of tepid water, castile soap, two cheesecloth dusters, a whisk, furniture polish, cotton waste or a clean soft rag, two flannelette dusters.

Directions:

- (a) Upholstered Furniture—
Brush well with dampened whisk.

- (b) Leather Cushions—
If soiled wash with soft cloth wrung out of tepid water. Dry at once with cheesecloth. Dark leather polish as below.

- (c) Woodwork—
If sticky wash with tepid water and a mild soap, rinse and dry at once.

Polishing:

1. Apply a small amount of polish with cotton waste. Rub hard with a rotary motion until polish appears.

2. Finish polishing using a flannelette duster in each hand. Polish lightly with the grain. Do crevices carefully.

3. Burn cotton waste, as oily cotton may cause a fire through spontaneous combustion.

4. Wash and replace apparatus.

Recipe for Furniture Polish:

One cup or half pint boiled linseed oil (this preserves wood); one cup or half pint turpentine (this polishes); half cup or quarter pint vinegar (this removes stains); half cup or quarter pint methylated spirit (this dries and gives a gloss).

Mix vinegar and oil gradually to a thick cream, then add turpentine and spirits. Bottle, and shake before using.

CARE OF FURNITURE

1. Clean and polish once a month.
2. Rub up frequently.
3. Use mats under all hot dishes or any receptacle holding water.
4. Do not place near a fire or hot pipes.
5. Wear nothing to scratch the backs of chairs.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOUSE MANAGEMENT

CARD 12.

CHOICE, CLEANING AND CARE OF COPPER AND BRASS

CHOICE

Copper is a soft and expensive metal. When used for kitchen utensils it is usually lined with steel. Food cooked in copper saucepans keeps at a more even temperature than in other metals. But copper needs much cleaning, as both it and brass are attacked by a green poison called verdigris.

Brass is an alloy of copper and tin. Brass and copper articles are generally coated with lacquer, which protects the metals. Choose heavy weight brass and copper goods.

CLEANING

Apparatus:

Pan of hot water, soap, scouring cloth, dry towel, cleaning mixture, or an acid (vinegar or lemon juice) and salt, a soft clean duster or chamois.

Directions:

1. Wash in hot soapy water. Scour the inside of a saucepan with bath brick on a damp cloth.

2. Scour bright surface with the cleaning mixture, or, if badly tarnished, rub with salt and vinegar, or use part of a lemon dipped in salt.

3. Wash a second time in soapy water to remove oily mixture or acid.

4. Rinse and dry.

5. Polish with soft duster or chamois.

6. Wash, dry, and replace apparatus.

CARE

1. Do not leave brass or copper exposed to damp air, or they will tarnish. Rub up frequently with dry duster.

2. If an acid is used for cleaning it must be at once washed off. Articles so cleaned tarnish more quickly than if cleaned with the mixture.

3. If green verdigris is formed on copper or brass take care it enters no food or a wound.

Mixture for Cleaning Brass and Copper:

One oz. rotten stone, one oz. powdered bathbrick, one oz. Sunlight soap, shaved and dissolved in quarter cup of water, two tablespoonfuls turpentine, two tablespoonfuls sweet oil. Mix well together and keep in covered jar. A paste of rotten stone and salad oil for cleaning is quickly made.

VICTORIA PUBLIC SCHOOLS
VICTORIA, B.C.

DOMESTIC SCIENCE

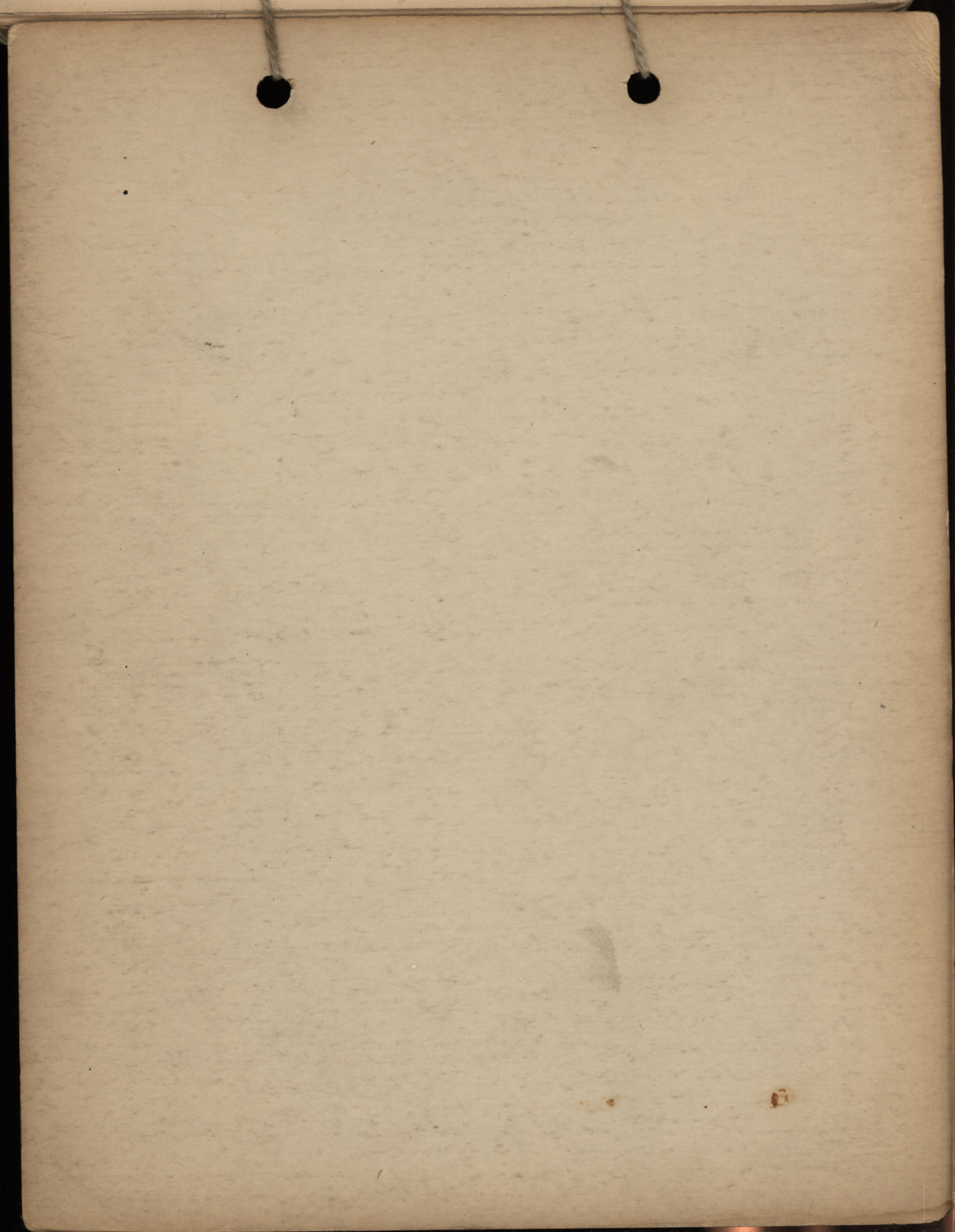
COURSE 1

HOME NURSING



BY

ANNIE B. JUNIPER
SUPERVISOR OF DOMESTIC SCIENCE, VICTORIA PUBLIC SCHOOLS
VICTORIA, B.C.



Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOME NURSING

CARD I.

PERSONAL HYGIENE

Anyone who waits on sick people should be in perfect health. This is especially needful if the patient has an infectious disease, such as consumption. In order to be healthy attention must be paid to the following points:—

1. **Cleanliness** of skin, hair, nails, teeth and internal organs.
2. **Fresh air** in abundance all day long, and especially at night.
3. **Exercise** every day, at least an hour's walk or play out of doors.
4. **Sleep** in plenty. Sleep taken before midnight is the soundest.

Children of 10 to 15 years of age require 10 hours' sleep a day.

Children of 15 to 20 years of age require nine hours' sleep a day.

5. **Nourishing Food** three times a day, consisting of milk, eggs, cereals, vegetables, fruits and a little meat. Children are better without tea, coffee, pickles, or spices. The meals should never be hurried. The table should be neatly laid, and the food eaten with cheerfulness.

CLEANLINESS

(a) **The skin** of the whole body should be washed every day. This can be done with a wash basin of water or in a bath, and should be followed by a brisk rub. The skin sends off waste matter, and also exudes oil to keep it supple, if it is not kept clean it cannot do this work so well.

(b) **Hair** should be well brushed for five minutes night and morning with clean brushes. It should be washed every two or three weeks, according to the nature of one's work and the wea-

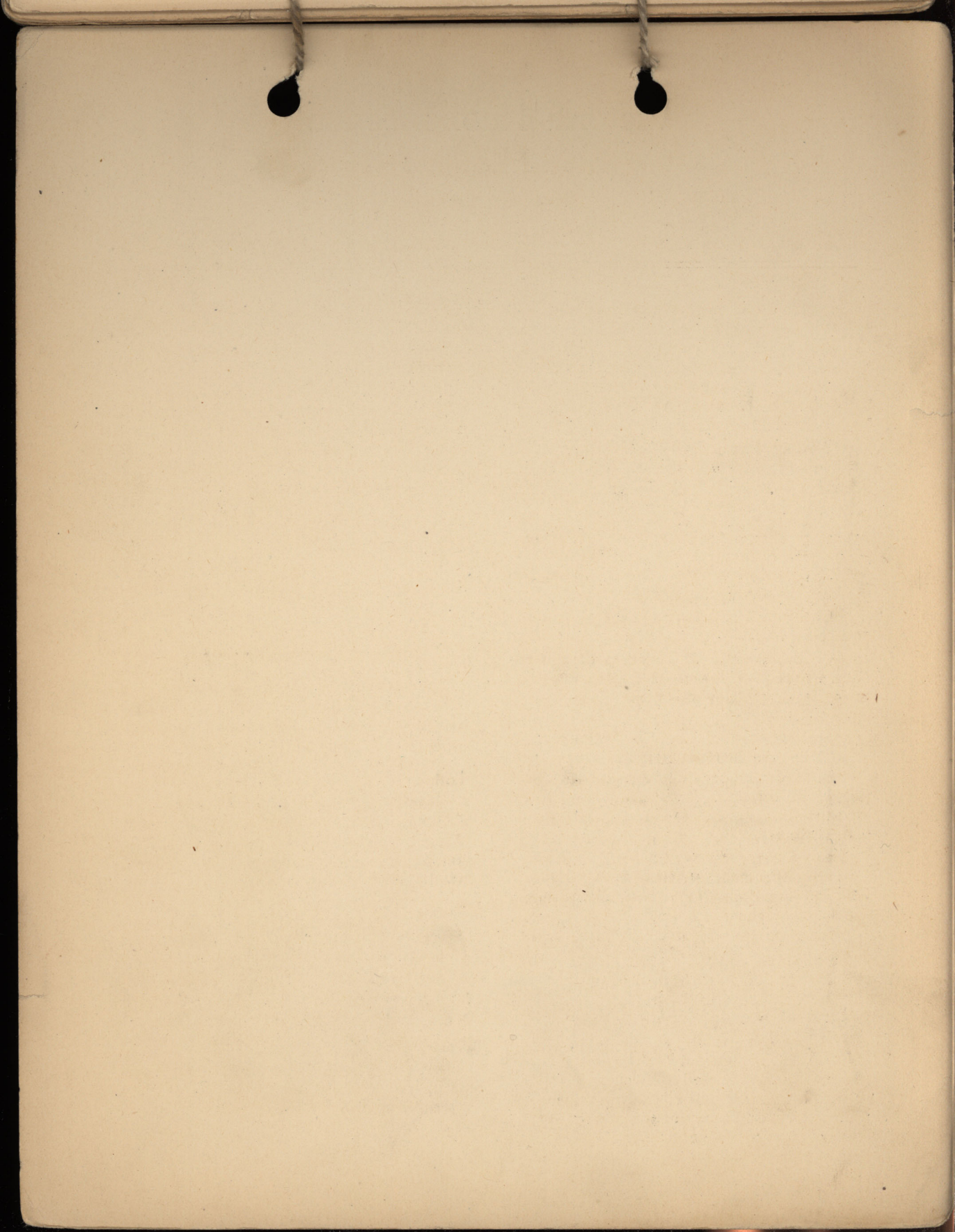
ther. Massage the scalp of the head with the tips of the fingers each night.

(c) **The teeth** should be brushed after each meal if possible, and always on rising and before retiring. A toothbrush should be scrupulously clean and not used after the bristles begin to loosen. Wash up and down between the teeth. Use castile soap or a powder. Food between the teeth may be removed with a silk thread. Never use a pin or needle, as these scratch the enamel.

(d) **The nails** should be brushed each time the hands are washed, and the quicks gently pressed down with a towel. Once a week soak the hands in hot water five minutes, then with sharp scissors cut the edges in a rounded shape and file them. Press down the quick with an orange stick, and gently remove hard skin to prevent hang nails. The nails may be polished if desired. Wash and dry hands carefully. Equal quantities of glycerine and lemon juice rubbed into the hands keeps them clean and soft. Never clean nails with knife or scissors.

(e) **Internal Organs.** The kidneys send off much of the liquid waste from the body. Nature's call should be attended to at once. The bowels or lower intestine send off solid waste matter. This should be expelled at least once a day, otherwise the whole body suffers, headache and bad breath result, and disease may follow. The kidneys and bowels perform their actions more easily if exercised at regular hours each day.

Wholemeal bread, vegetables, and fruit all help to prevent constipation. Each day a glass of water should be taken on rising, before going to bed and between meals.



Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOME NURSING

CARD 2.

THE SICK ROOM

SIZE AND ASPECT

The sick room should be as large and lofty as possible, and should have a sunny aspect. A south room in winter and a westerly in summer is suitable. An easterly room is too light in the morning and lessens the hours of sleep.

VENTILATION

The windows must open top and bottom, and a chimney is also an excellent outlet for impure air. The bed should be screened if necessary from direct draught in cold weather.

FURNITURE

The room must be perfectly clean, and every unnecessary piece of furniture should be removed. There should be no carpet under a bed, a rug or two around bed are better than a carpet, as the former can be easily removed for shaking. The bedstead should be a single iron one, the higher the easier it is for the nurse. A wire and hair mattress are most comfortable. The bedclothes should be light and warm. Use a clean sheet over the blankets instead of a heavy counterpane. The bedstead should be placed so that the light does not fall on the patient's face, and the bed should not be pushed against a wall. There should be a passage round bed. A small table near the bed and another near the door for the nurse are convenient. The washstand

should be on castors. In infectious cases the chairs should not be upholstered. A comfortable chair and footstool should be provided for a night nurse. Fresh flowers brighten the room and a restful picture or two may be helpful. The walls of a sick room are more restful and hygienic if kalsomined instead of papered.

CARE OF THE SICK ROOM

Clothes and utensils used for an invalid's room should be kept separate from those used for the rest of the house, especially in infectious cases.

Toilet:

Empty all excreta immediately, use a disinfectant and flush closet well. Wash chamber or bed pan with boiling soapy water, dry, and place in readiness with a little disinfectant in it.

Floor:

Take the pieces up with dustpan and a dampened brush, or use carpet sweeper, put damp paper on floor to keep dust down. Sweep so as to raise as little dust as possible. Burn refuse.

Dusting:

Dust all woodwork and floor with dampened cheesecloth. Burn this. Tidy room, give flowers fresh water, and rearrange.

CARE OF THE SICK ROOM—(Continued)

Leave blinds up as a general rule, except when patient is resting. Coal should be placed in paper bags or newspaper before being taken into a very sick person's room to avoid all noise.

All food dishes and medicine glasses should be removed from room when finished with, and if from an infectious patient they should be placed in a pail of water containing a disinfectant, and then be washed up separately from those used by the rest of the household.

Articles Required in a Home for Emergencies
in Nursing:

Hot Water Bottle
Bed Pan
Invalid Cup
Measuring Glass
Thermometer
Roller Bandages
Old Linen

Absorbent Cotton
Sticking Plaster
Bed Table
Sal Volatile
Castor Oil
Olive Oil

Turpentine
Ipecacuanha Wine
Disinfectant
Vaseline in Tubes
Zinc Ointment
Linseed Meal
Mustard

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOME NURSING

CARD 3.

HEMORRHAGE

Hæmorrhage or bleeding is the loss of blood from an injured blood-vessel.

There are three kinds of blood-vessels:—

1. **Arteries**, which carry blood from the heart to all parts of the body.
2. **Veins**, which carry blood to the heart.
3. **Capillaries**, which connect the end branches of the arteries with the end branches of the veins.

Blood from an artery (a) is scarlet in color; (b) escapes in spurts at each beat of the heart; (c) flows from the side of the wound nearest the heart.

Blood from a vein (a) is of a dark color; (b) flows in a slow continuous stream; (c) flows from the side of the wound furthest from the heart.

Blood from a capillary (a) is light red in color; (b) flows briskly in a continuous stream; (c) oozes up from all points of the cut surface.

HOW TO STOP BLEEDING FROM A CAPILLARY WOUND

1. Apply direct pressure to the wound to stop the bleeding.
2. Cleanse the wound with very hot or ice cold water.
3. Apply a pad over wound and then a bandage.

For arterial and venous bleeding it is often necessary, in addition to the above, to apply pressure by a tourniquet to the main trunk artery between the wounded artery and the heart, and for a vein apply tourniquet on side of wound furthest from heart.

TRIANGULAR BANDAGES

Triangular bandagees are used to make slings, to bandage the hand, foot, or head. They may also be used either as narrow or broad bandages, if first folded. Take a 38 inch or 40 inch square of cotton, fold diagonally in half and cut across fold. This makes two bandages.

Triangular Hand Bandage:

Place hand on bandage, with wrist on the centre of the longest side, bring the opposite point over the back of hand, cross the ends over this and tie around wrist. Carry the loose point up over these and pin with safety pin.

Triangular Bandage as Arm Sling:

Place one end over sound side, let the other end hang down in front; bring the

point of bandage behind elbow of injured arm, bend arm forward over middle of bandage, then carry the second end over shoulder of injured side and tie to the other end at back of neck. Bring the point at elbow forward and pin to front of bandage.

A Tourniquet:

Fold a triangular bandage twice (or handkerchief), tie a knot in the middle, place knot over artery or vein as close to wound as possible. Tie the two ends of bandage on opposite sides of limb in a knot and pass a stick through this knot, and turn stick until bandage is so tight that it stops the blood flowing. Make stick secure. Cleanse and dress wound.

ROLLER BANDAGING

Bandages should be kept rolled up tightly.

Materials — Unbleached or white sheeting or gauze.

Sizes: Length, 4 to 6 yards. Width, $\frac{3}{4}$ in., 1 in., $1\frac{1}{2}$ in., 2 in., $2\frac{1}{2}$ in., 3 in., 4 in., 6 in.

St. John's Ambulance General Rules for Bandaging

1. The bandage must be tightly rolled up before its application.
2. Begin by placing the **outer** surface of roll next the skin, in order that it may readily unwind.
3. Never unroll more than two or three inches of bandage at a time, and if by accident more is unrolled, roll it up before proceeding.
4. Commence by making a couple of turns round the limb to firmly fix bandage.
5. Bandage from below upwards.
6. Bandage from within outwards over the front of the limb.
7. Each turn of the bandage should, as a rule, overlap two-thirds of the preceding one.
8. In reversing, the turns should be kept parallel and at equal distances apart, and downwards towards the extremity of the limb.
9. Always form a figure of eight at a joint.
10. Apply bandage firmly or it is useless. If the edges turn up on running the hand down it, the bandage is too loose.
11. The bandage must not be so tight as to impede circulation.
12. The pressure must be equally applied throughout.
13. Fix bandage securely at the end by pinning it with safety pins.
14. In taking off a bandage, gather the slack into a loose bundle and pass it round and round.

—o—

There are three methods of applying a roller bandage: (1) the Spiral; (2) the Reverse; (3) the Figure of Eight.

1. **The Spiral** is made by simply encircling the limb with bandage, each circle being made to cover two-thirds of the preceding one. Use for parts of uniform (equal) thickness, as finger.

2. **The Reverse** is made to tighten lower edge of a bandage. Hold the lower loose edge of bandage with left hand, and with right hand turn the bandage downwards upon itself, drawing it tight. Encircle limb again and then make a second reverse. Repeat when necessary.

3. **Figure of Eight.** At a joint. Apply bandage in a series of loops forming a figure 8.

—o—

To Bandage a Fore-finger use broad tape or $\frac{3}{4}$ in. bandage. Place hand palm downward. Begin at root of thumb, and leave a free end of three or four inches. Carry the roll across the back of wrist, encircle it twice in order to fix the bandage. Then take roller up the back of the hand from root of the thumb to between the first and second finger, and by one large spiral to the tip of the forefinger. Then cover by a series of spirals from tip to root. When root of finger is reached, carry bandage across back of hand to the wrist below little finger, and tie in a reef knot with the first loose end or the end may be sewn or pinned with safety pin. Bandage other fingers in same way. If more than one is to be bandaged, a turn round wrist should be taken before beginning the second.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOME NURSING

CARD 4.

THE TREATMENT OF COMMON AILMENTS

1. **Headache (Nervous).** Avoid reading and sewing. Put a hot fomentation on the back of head at top of spine, also on forehead. Some people prefer cold applications. Bathe behind the ears. Placing the feet in very hot water for five minutes sometimes relieve the pain. The patient should lie down in a darkened room, as the eyes also frequently ache.

2. **Headache (from stomach disorder).** This is usually accompanied with a feeling of sickness. Eat sparingly, avoid all rich food. It is better to fast entirely. Take one or two doses of Eno's Fruit Salts. Follow them in half an hour with a cup of hot water. A tablespoonful of Epsom salts in a cup of hot water is one of the most effectual remedies.

3. **Cold in the Head.** This is infectious. Patient should sleep alone.

Patient should go to bed, take a bowl of bread and milk, then steam head as follows, sitting up in bed: Into a jug of boiling water put a few drops of eucalyptus oil, hold head over jug, cover head and jug with a thick towel to keep in the steam, then inhale as long as possible. The steam and oil will break up the cold. Patient should dry face and rub vaseline on bridge and sides of nose and also grease nostrils. Great care should be taken to keep body warm and to have room well ventilated.

Instead of handkerchiefs use cheese-cloth and burn.

4. **Cold in Chest.** The cautions as to warmth, fresh air, and a bowl of something hot in bed described above should be followed to induce perspiration. The chest and the back between the shoulders should also be well rubbed with goosegrease, compound camphor oil, or some good liniment. Cover chest and back with a silk handkerchief or flannel.

5. **Cramps.** Apply hot bottles front and back. The cover of stove wrapped in newspaper may be used if no hot water is at hand. Cover patient warmly. A teaspoonful of sal volatile in a wine-glass of water will sometimes relieve the pain.

6. **Sore Throat** may be infectious, patient should sleep alone in a well ventilated room. Gargle throat frequently with half tablespoonful salt in a glass of water. Potash lozenges slowly dissolved in the mouth help to relieve the pain. Fresh pineapple and black currant tea are also good. At night wring a cloth out of cold water, place round throat, and cover with flannel or a clean stocking. Sleep with these on.

7. **Rheumatic Pains** generally affect joints, and are a dull ache. Rub part affected with a good liniment. Take a tablespoonful of Epsom salts one day, after which take half teaspoonful in half cup of boiling water, before breakfast (sip it slowly) every morning for a month. This keeps the bowels open each day, and the poison is removed from the blood.

THE TREATMENT OF COMMON AILMENTS—(Continued)

8. **Diarrhœa.** Avoid fruit and hot food. Starchy foods may be taken. A cup of warm arrowroot will sometimes relieve the pain. If possible remain lying down with feet up. Consult a doctor if it continues.

9. **Constipation.** Make a regular habit and time for the bowels to act. Drink a tumbler of hot or cold water first thing in the morning, last thing at night, and between meals. Eat plenty of fresh fruit, vegetable and wholemeal bread. Take plenty of exercise.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

HOME NURSING

CARD 5.

POULTICES

A poultice is used to reduce inflammation, and should cover the part affected. Poultices should be as hot as possible, and should be changed often. A poultice to retain its heat must be $\frac{1}{4}$ inch thick.

GENERAL RULES

1. Heat mixing bowl, two large plates and material which is to hold poultice (either cotton batting or flannel).
2. Cut material two inches larger all round than size of poultice.
3. Rub a little vaseline over inflamed part before applying poultice.
4. Apply all poultices (except mustard) directly on to the skin.
5. After poulticing a part, cover the part warmly when poultice is removed.

Linseed Poultice. Pour one cup boiling water, more if a big poultice is required, into a hot bowl. Sift in linseed

meal with left hand and stir with right, mix well, and when it cuts dry add a little olive or castor oil. Spread at once on warm cotton wool, fold over the edges, place between hot plates and take immediately to patient.

Bread Poultice. Prepare as for linseed poultice, using crumbled bread. Cover basin and keep hot near fire for five minutes. Drain off water and place on cotton wool. A teaspoon or more of powdered charcoal may be added to either linseed or bread poultice for a foul sore.

Mustard Poultice. Mix mustard and warm water to a paste for a very strong poultice, or use one part mustard to three parts linseed meal. Spread on cotton wool, cover with cheesecloth and rub vaseline on affected part before applying poultice over cheesecloth.

Starch Poultice. Make thick boiling water starch as for laundry purposes, and apply on cotton wool. This is very soothing, and retains heat well.

FOMENTATIONS

Fomentations are used to lessen pain and inflammation. They have almost the same effect as poultices, and often used alternately with poultices.

Directions:

Spread a towel over a bowl, place on the towel a piece of flannel, pour over both boiling water, fold sides of towel over flannel, gather the dry ends of towel in either hand and wring tightly. Shake out the flannel and apply at once.

Cover it with oilskin and fasten with bandages if necessary. Twenty drops of turpentine sprinkled over the flannel may be used for pain in the body. Change fomentations often.

Dry Heat. Heat any of the following in the oven. Cover with hot flannel and apply: Bag of beans or salt, a flat tile or brick, or use a hot water bag or bottle. The round cover of a stove wrapped in newspaper may be used if no hot water is available.

EMERGENCIES**CROUP**

Croup is caused by a false membrane forming in the windpipe. It may lead to suffocation unless vomiting occurs.

Symptoms. A peculiar loud harsh cough, the breathing is difficult, rough and shrill, the skin is hot and the face flushed, the child either struggles for breath or becomes unconscious.

Treatment. Give one or two teaspoonfuls of ipecacuanha wine in warm sweetened water, give warm water until vomiting occurs. Repeat dose of wine in ten minutes if relief is not obtained.

Place child, sitting up, in bath of hot water, cover shoulders with flannel, then poultice neck and chest. Use three parts linseed meal and one part mustard. Keep room warm and moist.

CONVULSIONS

Symptoms. The limbs may contract, sometimes the thumb is tightly drawn across palm of hand.

Treatment. Put child at once into a hot bath or apply cloths dipped in hot mustard water to feet, legs, and lower part of body. When child has recovered, give a dose of castor oil.

A FAINT

Symptoms. Unconsciousness, partial or complete.

Treatment. Give patient plenty of air, place the head low, loosen clothing, keep the crowd away, rub the limbs. When patient can swallow give cold water, tea, or coffee, or one teaspoonful salvolatile in a wineglass of water. A person may sometimes prevent a faint by ducking the head between the knees and keeping it there a few seconds, then go into the open air.

SUNSTROKE

Symptoms. Unconsciousness, sudden sickness, faintness, giddiness, a difficulty in breathing. The skin is dry and burning.

Treatment. Remove at once to a cool shaded place, if indoors darken room and place in a draught. Strip patient to waist, keep him lying down with head and shoulders raised. Fan vigorously, pour cold water over head and neck until consciousness returns. Apply an ice bag to head and spine or use cold applications. Give patient cold water only to drink.

DROWNING

Place patient flat with pad under shoulders. Cleanse nostrils and mouth, pull tongue forward and fasten it there with rubber band or handkerchief. Bare body to waist. Use artificial respiration. When patient breathes apply hot bottles and blankets, and when able to swallow give brandy, hot tea, and coffee.

VICTORIA PUBLIC SCHOOLS
VICTORIA, B.C.

DOMESTIC SCIENCE

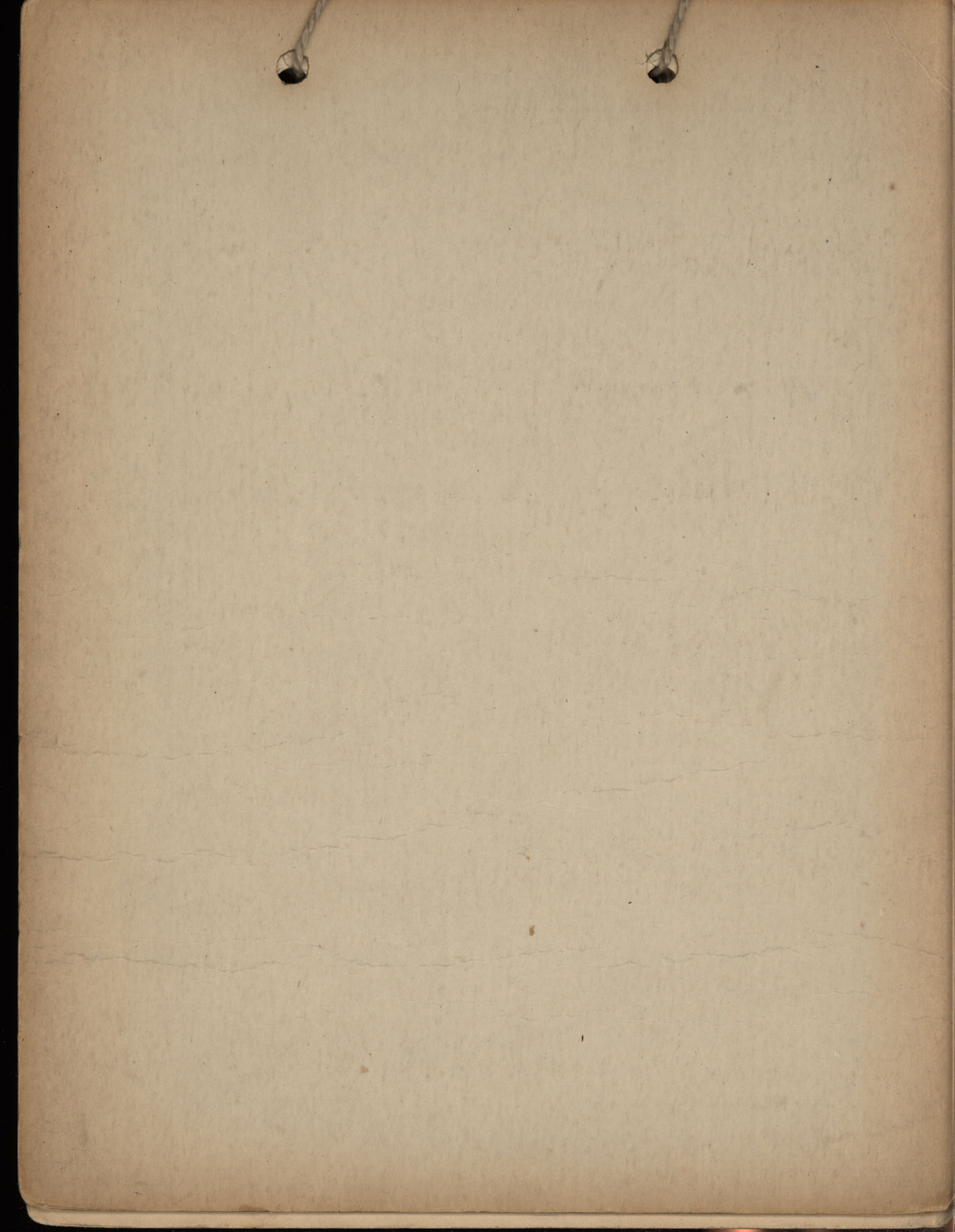
COURSE 1

LAUNDRY WORK



BY

ANNIE B. JUNIPER
SUPERVISOR OF DOMESTIC SCIENCE, VICTORIA PUBLIC SCHOOLS
VICTORIA, B.C.



Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD I.

Laundry work includes the washing and finishing of all personal and household textile fabrics. Laundry work is necessary:

1. To free fabrics from dust, grease, perspiration, and other secretions of the body, also dead skin, hair and bacteria.

2. To preserve the original color of the fabric, to make it dry, and to retain its power of absorption.

3. To preserve health.

In order to do laundry work well it is necessary to have some knowledge of textile fabrics, and also the nature of the different materials used in laundry work, and their effect on the fabrics.

Suitable equipment is a great aid to this work.

LAUNDRY EQUIPMENT

For laundry purposes buy only those utensils:

- (a) Which will not rust;
- (b) Which at once show dirt, i.e., white enamel pans are good.
- (c) Which have few dust crevices and are easy to keep clean.

Note—See that laundry tubs, sinks, and ironing boards are placed high enough to prevent backache.

Laundry Tub:

One or two fixed tubs, with hot and cold water above them, economize a woman's time and strength, as the lifting of water is very heavy work.

Porcelain tubs are the best, but expensive.

Enamel on iron are next best.

Of the movable tubs, the fibre or papier mache are the lightest and the easiest to keep clean. They do not rust. Prices: Porcelain tub, \$35.00; enamel on iron, \$15.00; fibre tub, \$1.25 to \$3.00.

Note.—If laundry tubs are placed in kitchen, have wooden lids made to fit, so that they may be utilized as tables also.

Soap Dish:

Nickel plated, to hang on wash tub is convenient. Price 50c.

White Enamel Pail:

For starch making and other purposes. Price \$1.00.

Washing Machine:

Choose one with covered cog wheels, easy to run, simple in construction and easy to keep clean. This machine should be scrubbed each time after use, and a little clear cold water should be left in it to prevent shrinkage of wood. Oil bearings occasionally.

Prices: Hand power machine, \$5.00 and upwards; water power machine, \$17.00 and upwards; electric machine, \$70.00, with wringer attached.

LAUNDRY EQUIPMENT—(Continued)

Wringer:

Buy a good one, guaranteed, and with covered cogs. Loosen the screws when wringer is not in use, and cover with a cloth to keep it clean. Oil bearings occasionally. Clean rubber rollers by rubbing with a cloth dipped in kerosene, then rinse and dry carefully. Average price \$4.50.

A special kind to fix on very thick porcelain tubs is sold at \$9.00.

Mangle:

This is not a necessity, but it saves much ironing, and may be used for all flat work. There are two kinds, those with cold rollers, pressure alone doing the work, and those with one hot roller, heated by gas or gasoline.

Average price of one with unheated rollers, \$15.00.

Wash Boiler:

Those of copper are the best, usually tinned over. Price \$3.00 to \$4.00.

Clothes Line with Pulley:

Fix this so that all clothes may be hung out by Laundress standing on back porch. Price, complete with pulleys, \$1.00.

Ironing Board:

Either a firm table may be used or the following: A firm unwarped board, with crossbars at the ends to prevent warping, size of board 5 feet long, 17 inches at one end, 9 inches at the other. This should be hinged to the wall at one end and have a hinged leg at the other. When not in use it may be fastened up against the walls.

There is also on the market a good ironing board with collapsible legs which sells for \$2.00.

Cover for Ironing Board:

An old blanket or laundry felt should be tied on to the ironing board, and over this part of a sheet, or unbleached cotton, should be tied with tape.

Shirt Board:

Should be of hardwood 17 inches by 12 inches. One side only should be covered with thin flannel and white cotton.

Irons:

Electric iron, the cleanest and best, \$4.75 to \$6.50.

A set of three Mrs. Potts' irons, \$1.50.

A set of three asbestos irons, \$1.75.

Flat or sad irons are sold by weight at 7c. a lb.

There are also irons heated by gas and denatured alcohol.

Care: Irons should be kept clean; scrape off with back of knife starch or anything adhering to iron. Before using scour by rubbing on dry powdered bathbrick, then dust and wax. Occasionally irons require cleaning with kerosene and bathbrick, then wash with soapy water and dry. If left for any length of time they should be cleaned, then rubbed all over with melted suet to prevent rusting.

Clothes Horse:

A moveable folding wooden clothes horse, \$1.50. The best arrangement for airing or drying clothes is made of two or more bars of wood suspended from the ceiling near the stove. It is worked

LAUNDRY EQUIPMENT— (Continued)

by a pulley. The clothes are out of the way when pulled up. Average cost, \$2.50.

Smaller Articles Needed for Laundry Work:

Many of these may be borrowed from the kitchen.

Washboard of glass or zinc, \$1.00 or 50c.

Enamel jug, \$1.00.

Kettle, \$1.00.

Enamel Dish Pan for small things, \$1.00.

A teaspoon, tablespoon and wooden spoon, 25c.

Knife, 15c.

Clothes basket, \$2.00.

Two enamel saucepans, with lids, for soap jelly and starch, 60c.

Pegs in linen bag, to hang round neck of laundress, 40c.

Cloth Stick, to stir and lift clothes from boiler, 10c.

Scrubbing Brush, 25c.

Beeswax, 5c.

Bathbrick in box, 5c.

Iron Stand:

A brick or the rim of a preserve jar do well for this purpose.

Iron Holder:

Cut a stocking down the back seam, fold it in four, invert a saucer on it and cut around. Baste the pieces of stocking together and cover with two circles of white cotton.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 2.

LAUNDRY MATERIALS

WATER

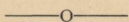
Water is composed of two gases, two parts of hydrogen to one part of oxygen and is expressed thus, H^2O .

Water is used in laundry work because of its great solvent power, that is, its power of dissolving substances. It dissolves and carries away the dirt on soiled clothing. Water will not dissolve grease.

There are two kinds of water:

Soft Water, which falls as rain or snow.

Hard water, which contains mineral matter, and sometimes organic matter, which it has dissolved out of the ground over which it has passed. If the ground over which the water passes does not contain these mineral matters the water is soft. Hard water uses more soap, labor and time than soft, therefore hard water for laundry purposes should be softened.



METHODS OF SOFTENING WATER

1. **Boil it.** The carbonic acid gas is sent off and one kind of mineral matter (carbonate of calcium) is deposited. This is seen on the inside of kettles, a white chalky substance.

2. **Expose it to air**, collected in barrels. The carbonic acid gas passes off into the air and the carbonate of calcium falls to the bottom.

These two methods remove only one kind of mineral matter and the water may still need to be further softened.

3. **Add Soap to it** until a lather appears. This is expensive.

4. **Add Lime Water.** Dissolve quick lime in cold water. When it has settled, strain.

Quantity, one gallon of lime water to ten of water. This may be done in barrels.

5. **Add Washing Soda.** This is a cheap and easy method.

Method: Dissolve one pound of washing soda in one quart of boiling water. Bottle and label soda solution.

Quantity: Use to one gallon of water two tablespoonfuls of soda solution, or more for very hard water.

6. **Add Borax.** This is expensive, and is used for delicate materials.

Quantity: One tablespoonful dissolved in a cup of boiling water to each gallon of water.

7. **Add Lye.** This method is useful for the hard water of the prairies.

Quantity: One teaspoonful dissolved in a cup of boiling water to each gallon of water.

To Remove Iron from Water.

Collect water in barrels, add washing soda in the above proportion, allow it to stand a week to settle before drawing off water.

LAUNDRY MATERIALS—Continued

To Remove Organic Matter from Water:

Collect in barrels. To each gallon add one teaspoonful alum and two teaspoonfuls borax dissolved in a cup of boiling water. Allow water to stand a week to settle before drawing any off.

—o—

SOAP AND SOAP SUBSTITUTES

Soap is made of fat, water, and an alkali, either caustic soda or potash. The alkali unites with the fatty acid to form soap, and glycerine is set free and removed.

Use in Laundry work. A good soap contains a small excess of alkali sufficient to remove grease, which water will not do, hence it assists water in cleansing clothing. A poor soap contains too much free alkali, and is hurtful to hands and delicate fabrics. Soap may be adulterated by having:

- (a) Too much water.
- (b) Too much alkali.
- (c) **Resin.** This makes the soap very yellow, but in small quantities resin whitens clothes.

Care of Soap. Soap should be bought some weeks before it is to be used, cut up and put to dry, as when dry it wastes much less in the water.

—o—

SOAP JELLY

Quarter-lb. soap (odds and ends may be used).

One pint water.

Shred soap, add the hot water, place on side of stove until dissolved. Do not boil it.

Add sufficient to water to make a slight lather.

Soap Jelly for woollens, silks and colored goods should be made with a mild, not strong soap.

—o—

SOAP SUBSTITUTES

Soap Powders are composed of soda, water and soap, probably half of most powders being soda. They are easy to use, and quickly lather, but are expensive when compared with the price of washing soda. These should never be used where soda is prohibited.

Soap Bark is part of a plant, to be bought at the druggist's at 25 cents per lb. It is used for washing black and colored dress material, and other delicate materials. Less of it is required than of soap to raise a lather.

Oxgall. Procurable from a butcher.

Use. To wash carpets. Dilute well with water before using and dry articles so washed in the open air.

Bran, rice, potatoes or starch boiled in water may all be used instead of soap for washing delicate fabrics.

Bran Wash, for Cretonne and Crewel work.

Tie a handful of bran in cheesecloth, add one quart of cold water. Boil gently half an hour. Strain and add another quart of water and simmer half an hour longer. To the two quarts of warm water add a little soap jelly if the articles to be washed are very greasy and dirty. Bran water cleans and also stiffens slightly. Wash the articles by squeezing to prevent colors running.

LAUNDRY MATERIALS—Continued

Rinse in salt and water. Wring and hang to dry.

Rice Water, for washing Cretonne, Chintz, and Prints.

Boil two pounds of rice in two gallons of water until soft. Pour this all into a tub, when lukewarm wash the garments in it, using the rice instead of soap. Meanwhile boil another 2 lbs. of rice in two gallons of water. Strain off the water and reserve it for rinsing purposes. If the articles need two wash-

ing waters, wash a second time in plain water, using the strained rice to wash with. Rinse in the clear rice water, this will stiffen the article so that no dew will affect it. Hang to dry in the shade.

Iron on the wrong side. If it is glazed material, use a stone instead of an iron on the right side.

Potato Water may be made as above.

Starch Water is made the same way as for hot starch, using more water.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 3.

ALKALIES

The **Alkalies** used in home laundry work are: Washing soda, lye, borax and ammonia.

Washing Soda is prepared from common salt and also from certain sea plants. It is found on the shores of some lakes in America.

Properties:

- (1) It dissolves in water.
- (2) It softens water.
- (3) It saponifies grease; that is, unites with grease, and thus aids water in cleansing very dirty clothes.
- (4) It causes colors to run, and weakens delicate cotton or linen fibres.
- (5) It shrinks woolen materials, causing them to become hard and felted.
- (6) It hurts the skin, making it red and sore.

Care: Soda should be kept covered, as it becomes stronger if exposed to the air, by losing water.

Always dissolve soda in hot water before using it for laundry purposes, otherwise it may injure the clothing.

Caustic soda and lye are far stronger in their action than washing soda, and should not be generally used for laundry work, except in making soap, or softening the very hard water of the Prairies.

SODA SOLUTION

One pound washing soda; one quart boiling water.

Boil soda in water until dissolved, cool, bottle and label. Use one tablespoonful to each gallon of water for washing coarse dirty clothes, also for boiling them.

Borax is a white alkaline powder found on the shores of various lakes in California, Peru and other places.

Properties: It dissolves in boiling water but not in cold.

Use in Laundry Work:

1. It stiffens slightly.
2. It gives a gloss to linen, and for that reason is added to starch. Use one tablespoonful borax to eight tablespoonfuls starch.
3. It removes (with water) wet tea and coffee stains.
4. It softens water and is not injurious to colored goods.

Use one tablespoonful of borax to one gallon of water.

Ammonia is a volatile alkali and is used in washing natural colored wools, especially if they are very dirty or if the water is hard.

Use one tablespoonful to one gallon of water. It should not be used for colored articles, as it draws the color.

SODA SOLUTION—Continued

Laundry Blue is prepared from various chemical compounds, and liquid blue from dyes. That sold in solid form is the best for home purposes.

Ultramarine is a fairly satisfactory blue, a cake of blue should be tied in flannel before being used. It is then squeezed in the blue water until the right shade is obtained.

Blueing improves the color of white clothes; the water should be a pale blue when held in the hand for white clothes, darker for darker clothing.

Caution:

1. Stir blue water each time before using.
2. Never leave clothes lying in blue water.
3. Carefully rinse clothes before blueing them, otherwise iron rust marks may appear.
4. Tightly squeeze blue bag before putting it away to prevent waste.

Mordants used in laundry work are salt, vinegar, alum, and ivy leaf solution.

A mordant is anything which fixes a color.

Vinegar is prepared from cider; it is an acid.

Use in Laundry Work:

1. To act as a mordant, that is to make fast a color inclined to run; it is especially good for pinks. Use one tablespoonful to each gallon of water.

Steep the clothes in a weak solution over night before laundering, rinse in the same after washing to revive color.

2. White clothes which are too blue are restored to their original color if steeped in a weak solution of vinegar.

Salt is prepared from sea water. It acts as a mordant.

Use: A handful to each gallon of water. Soak colored cottons in this before washing. After washing they may also be rinsed in a salt solution. Salt is used with lemon juice to remove fruit stains.

Alum is a mineral salt. Dissolve one tablespoonful to each gallon of water for setting colors.

Ivy Leaf Solution. For setting dark blues, blacks and greens. Simmer two dozen ivy leaves in a quart of water one hour. Strain this into the washing water in which dark colored prints are to be washed. It prevents the soap affecting the color of the goods.

Tungstate of Sodium. To make garments less inflammable. This is prepared from certain chemicals. Buy at drug store. It is added to the starch or last rinsing water. Use one ounce to each pint of water or starch.

Turpentine is obtained from gum trees.

Uses in Laundry Work:

1. To remove paint stains. Use equal portions of turpentine and ammonia mixed. Rub stain until it disappears.
2. It whitens clothes which have been badly stained. Add one tablespoonful to a boiler of clothes.
3. It is used in cold water starch to make the iron slip along easily. Use three drops to one tablespoonful starch.

SODA SOLUTION—Continued**Javelle Water for Bleaching Clothes:**

Use: To bleach clothes and remove stains.

Half pound washing soda;
One pint boiling water;
Quarter pound chloride of lime;
One quart cold water.

Dissolve the soda in the boiling water. Let it cool. Dissolve the chloride of lime in cold water; when settled, pour off the clear liquid; add this to the liquid soda. Bottle, cork well, label, and store in a dark place, as it loses its strength if exposed to air and light.

This bleach removes color and must only be used for white clothes.

Quantities: Dilute with equal quantity of water for stains.

Boiler: One tablespoonful of this, added to a boiler of clothes, helps to whiten them.

Paraffin is drawn from wells.

Use in Laundry Work:

1. It dissolves grease and saves time and labor in washing very dirty greasy clothes.

2. It removes paint stains.

3. It dissolves dirt and grease on machines.

Directions for Washing Clothes with Paraffin or Kerosene:

1. Put clothes, dry and dirty, into wash boiler half full of boiling water, containing:

One tablespoonful paraffin or kerosene;
One tablespoonful washing soda;
Half pound of shaved soap.

2. Boil clothes quickly for one hour.

3. Remove clothes with stick and rinse in three hot waters; the first two waters should contain one tablespoonful soda solution. It may be necessary to rub bands and very dirty parts in first water.

4. Dry in the open air.

Gasoline is prepared from paraffin by refining.

Use in Laundry Work:

1. It is used to clean those articles, such as gloves, shoes, glaze silks, and silk lace, which soap and water might injure.

2. It removes grease spots from delicate fabrics.

Care. It is highly inflammable; never use near a fire or light.

2. It is volatile; therefore keep it tightly corked.

3. It has a strong odor; use with windows open.

Method of Using Gasoline for Washing Clothes:

1. Wash the soiled article in gasoline only, use a flannel or soft brush to remove dirt.

2. Rinse until clean in fresh gasoline, wring and hang in the open air in a shady place to dry.

3. When dry finish silk and lace by ironing as usual. Finish kid gloves and shoes by rubbing them all over with French chalk. This restores their glossy appearance.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 4.

LAUNDRY MATERIALS

STARCH

Starch for laundry work is prepared from rice, wheat, Indian corn, and potatoes.

That made from rice is the best. It is pure white in color. Most American starch is made from corn; this and wheat starch are cheaper and give greater body to clothes. Corn starch gives a slightly yellow tinge to clothes, and even wheat is not as pure a white as rice starch.

Starch is a white granular substance; it is insoluble in cold water, partly soluble in hot water.

Cold water separates grains, boiling water causes the starch grains to swell, burst their cellulose coats, and a thick jelly-like substance is formed.

Uses:

1. It improves the appearance of certain fabrics.

2. Starched clothes keep clean longer, resist moisture longer, and stains are more easily removed from them.

Cold water starch stiffens more than boiling water starch, but the latter gives a clearer appearance to the clothes.

STARCH RECIPES

Boiling Water Starch:

Two tablespoonfuls starch (equals one-quarter cupful).

One level teaspoonful borax dissolved in one tablespoonful boiling water.

Laundry Wax:

A few shreds laundry wax or candle.

Four tablespoonfuls cold water.

One quart boiling water.

Blend the starch with the cold water, using the fingers. Add the wax, and dissolved borax. Stir vigorously and pour in sufficient boiling water to render the starch semi-transparent. Then add a cup of cold water. Cover with cheese-cloth to prevent a skin forming.

If very thick starch is desired, double the quantity of starch and use the same amount of water.

Many people use this starch without further cooking, but if cooked the starch is less liable to stick and it penetrates the material better.

Cooked Starch is made as above, and is then cooked slowly for the following time. Stir it occasionally to prevent it burning or a skin forming.

Time for Cooking:

Rice Starch, 10 minutes.

Corn Starch, 20 minutes.

Wheat Starch, 30 minutes.

If a mixture of starches is used, put the one requiring longest cooking on first, then add the other ten minutes later.

Articles usually put in Full Strength Starch:

Cotton blouses, muslins, sun-bonnets, collars, and cuffs of one thickness.

Articles usually put in equal parts of Full Strength Starch and Water mixed:

Aprons, pinafores, skirts, underskirts, cheap laces, sideboard cloths and table linen, underwear, prints.

STARCH—(Continued)

If the articles that are required stiffest are put through first, the starch is generally about the right consistency for those things needing less stiffness, or a little more water may be added.

If table linen and underwear are preferred not stiff, a good plan is to add one or two cups made hot starch to the blueing water for these goods. This gives them a slight body and prevents them soiling as quickly.

For bran and rice water for stiffening purposes see recipes under those headings.

COLD WATER STARCH

Great care must be taken to have everything scrupulously clean in making this starch.

The collars and cuffs must be bone dry when they are starched.

Starch (No. 1 Rice), two tablespoonfuls (This stiffens).

Turpentine, half teaspoonful (This prevents iron sticking).

Borax, one teaspoonful (This gives a gloss).

Cold water, one pint (This mixes the ingredients).

Method: Mix the starch to a cream with tablespoonful of cold water, add the turpentine, borax (dissolved in one tablespoonful of boiling water), then pour on remainder of water. Mix well and strain through cheesecloth into a clean bowl. Stir well each time before using it.

GUM ARABIC

Gum Arabic is obtained from a certain kind of acacia tree.

Use: It is used to stiffen laces, silks and some dress materials where starch is unsuitable.

To prepare it for Laundry work: Wash quarter lb. solid gum arabic with cold water and place in a double saucepan with one quart of boiling water. Stir occasionally. When dissolved strain into a bottle.

Quantity: Use from one teaspoonful to one tablespoonful of gum solution to each cup of water, according to the stiffness desired. Laces require a stronger solution than silks.

This is used to stiffen delaines, nun's veiling, serges, madras curtains, and casement cloth.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 5.

STAINS AND THEIR REMOVAL

Stains must be removed before washing, as soap and hot water fix many stains.

General Rules for Removing Stains:

1. If a garment is stained more or less all over steep it in a weak solution of whatever will remove the stain.
2. A single stain should be stretched over a bowl or saucer, and before treating it moisten with water a ring round it to prevent the stain spreading.
3. Whenever a stain has been removed the fabric should at once be washed out to remove all trace of the solvent.
4. All utensils used for removing stains should be washed up separately from other things.
5. All chemicals used to remove stains should be labelled poison, and kept out of reach of children and away from all food and medicine.

Fruit and Wine Stains:

(a) Stretch stain over a bowl, if wet, rub stain with common salt and lemon juice, pour through boiling water until stain disappears.

(b) If dry, stretch stain as before, moisten with javelle water and then pour through boiling water.

(c) An article with many stains should be soaked for half an hour in a solution of one part javelle water to four of clear water.

Always after using javelle water rinse the article first in dilute ammonia water (one tablespoonful to one gallon), and then in clear water.

Iron Rust:

(a) Spread stain over a bowl, moisten stain and rub on it some salts of lemon or oxalic acid. The latter is the stronger, both are poison. Then pour through boiling water until stain disappears. Rinse in ammonia water and then in clear water.

Javelle water is also sometimes effective. For a much stained article use a solution and soak the article in it as above for fruit and wine.

Ink:

(a) If wet, soak in milk (warm, cold, sweet or sour), or buttermilk. As the milk becomes discolored replace with fresh until stain disappears. Wash in cold water and dry in the sun.

(b) Sometimes lemon juice and salt used as for fruit and wine are effective.

(c) If dry use oxalic acid or javelle water as for iron rust.

Tea and Coffee:

(a) If wet stretch over a bowl and pour boiling water through slowly until stain disappears.

(b) If dry soak stain in cold water first, then put over a bowl, spread borax over stain and pour boiling water through it.

STAINS AND THEIR REMOVAL—(Continued)**Grease:**

1. If on fast colors use soap and hot water.

2. On cloth, scrape with a knife, place blotting paper below and above and use a hot iron, replace with fresh blotting paper as the old becomes greasy.

Another method is to cover the spot with a paste of French chalk and turpentine, leave for twenty-four hours and then scrape off.

Omit the turpentine for delicate fabrics.

3. Rub with turpentine, chloroform, ether, or gasoline, and then hang in the open air. Use cheesecloth to apply these, then burn cheesecloth. Chloroform is useful for delicate materials and colors. Naptha soap will remove grease from white cotton.

Axle Grease, Pitch and Tar:

Rub the stained part with lard or butter. Leave for half an hour, then scrape off the grease. Rub with cheesecloth dipped in soapy water or turpentine on both sides of stain, then rub dry with clean cheesecloth.

Vaseline:

Sponge with ether or turpentine.

Paint Stain:

Rub with cheesecloth dipped in turpentine until stain disappears.

Use gasoline or alcohol for delicate-colored articles.

Blood:

Soak in cold salted water, then rub out in cold water, afterwards wash in hot water with soap.

Perspiration:

Wash with hot water and Naptha soap. If obstinate, soak ten minutes in javelle water solution first.

Green Stains from grass, etc., also Iodine:

Soak in alcohol, chloroform or kerosene, then wash in hot water with Naptha soap.

Mildew:

1. Moisten stain with lemon juice, cover with soft soap, sprinkle with salt, keep moist and expose to the sun. Repeat until stain disappears.

2. An article mildewed all over, soak in javelle water, one part to four of water. Then rinse in dilute ammonia water, and lastly in clear water.

Scorch:

1. Wet the scorch and expose to the sun, keeping scorch wet; or,

2. Soak with the following mixture and expose to the sun.

Scorch Mixture: Two onions, one pint vinegar, quarter pound fullers' earth, and quarter pound washing soda.

Peel, slice, and chop onions, add to them the vinegar, fuller's earth and soda; stir and simmer fifteen minutes. Strain, bottle and label. This mixture will keep for years.

The sun is the best bleacher and all stains, if exposed to the sun and kept wet, will fade in time.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 6.

A WEEKLY FAMILY WASH

Suggested Order of Work:

Tuesday, if possible, is the best day to choose for washing, as this leaves Monday for preparation, but a house-keeper has to settle the matter of time for herself, and has also to take into consideration the amount of washing and the weather.

MONDAY

1. See that a supply of softened water, soap, soap jelly, soda, starch, and blue, etc., are on hand.
2. Sort the clothes.
3. Remove stains.
4. Mend holes (except stockings, these may be roughly drawn together).
5. Put white clothes to soak.

TUESDAY

1. Heat water.
2. Rub clothes out of steeping water.
3. Wash, starch where necessary, and dry:
 - (a) Woollens.
 - (b) Table linen.
 - (c) Face towels.
 - (d) Fine white things.
 - (e) Bed and body linen.
 - (f) Coarse towels and kitchen towels.
 - (g) Colored cottons.

Clean utensils and wash-house.

Fold clothes (slightly dampened) ready for ironing or mangling. They may be mangled and hung to air that night or mangled next day. Hang woollens to air overnight.

WEDNESDAY

Iron and air clothes.

— — 0 — —

SORTING AND STEEPING

Sorting: Clothes are sorted into different piles to collect those of the same kind requiring the same treatment.

1. Table linen.
2. Face towels.
3. Fine white muslins.
4. Bed and body linen.
5. Bath and kitchen towels.
6. Handkerchiefs.
7. Woollens.
8. Colored clothes.

Steeping or Soaking: White clothes are put to soak in warm soapy water, which softens the fibres, loosens the dirt, and makes washing quicker and easier.

A WEEKLY FAMILY WASH—Continued

If three tubs are available put table linen and the cleanest white things in the first, bed and body linen in the second, coarse things and kitchen towels in the third. Wet each article and soap the dirty parts, roll it up tightly and place in the tub of warm soapy water, the dirtiest at the bottom, the cleanest last of all on the top. In this way the cleanest clothes are first rubbed out of steeping water, and so escape the soiled matter from the dirtier ones. A tablespoonful of soda solution may be added to the steeping water.

Handkerchiefs should always be soaked alone, a bowl does for this, add a small handful of salt to the water as it dissolves the phlegm. They should be washed out separately before being mixed with other clothes.

If colds prevail, boil them separately also.

White Curtains and Dirty Muslins should be steeped in several cold waters containing one tablespoonful soda solution to every gallon.

Woollens and Colored Cottons are not steeped unless the cottons are fast colors, in which case use cold salted water.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 7.

THE WASHING OF WHITE CLOTHES

Wring out clothes from steeping water and wash in the following order, doing the cleanest first and paying special attention to soiled parts mentioned below:

Order: Table Linen; Face Towels; Fine Muslins, Handkerchiefs, Bed Linen, Body Linen, Kitchen Cloths and Towels.

PARTS REQUIRING PARTICULAR RUBBING AND ATTENTION

Tablecloths:

- (a) The edges of cloth.
- (b) The part that hangs over the edge of table.
- (c) Fold down centre of cloth and wash on both sides of fold.

Collars and Cuffs:

Turn edges half way down to wash.

Fine Muslins:

Do not rub these, but wash by squeezing in the soapy water. Attend to neck and wrist bands, under side of sleeves, fronts, and armholes.

Nightdresses, Chemises:

Neck band, wrist band, bottom hem. Fold down centre of back and front and wash carefully from waist to hem.

Combinations and Drawers:

Bands under arm, seat, and knees.

Materials:

Hot water, hard soap.

Processes:

1. Wash on right side with hot water with soap.
2. Wash on wrong side with hot water with soap.

(The washing may be done in a washing machine.)

3. Boil for fifteen minutes, put fine things in a cheesecloth bag.

4. Rinse well in hot water until all soap is removed, otherwise the blueing may streak the clothes.

5. Blue in cold water containing dissolved blue, stir blue water each time before using it and do not leave clothes lying in it.

6. Starch those clothes which require hot water starch.

7. Dry in open air, the thickest parts uppermost.

8. When dry remove, dampen those to be ironed and roll each garment separately, pack tightly in a basket lined with a damp cloth, cover clothes with another damp cloth.

Time is saved if clothes are taken in sufficiently damp for ironing.

THE BOILER

When clothes are put in the boiler, this should be half full of warm soft water with a little dissolved soap and a tablespoonful of soda solution. Bring the clothes to the boil and boil for fifteen minutes. Press them down with the end of a rounded stick to keep clothes under water. Clothes are boiled to keep them a good color and to purify them. They should be boiled at least once a month, even if they are washed with Naptha soap at other times. Remove clothes from boiler with boiler stick, a few at a time; hold a pan or tub close to boiler to receive them.

THE WASHING OF WHITE CLOTHES—(Continued)

GENERAL RULES FOR DRYING

1. Dry in the open air if possible, as it whitens and purifies the clothes.

2. Wipe clothes line with a damp cloth and see that the pegs are clean.

Pegs need to be scrubbed occasionally.

3. Keep the clothes turned wrong side out.

4. Hang the thickest parts uppermost.

5. Hang the clothes to catch the wind.

6. Hang colored garments in the shade.

PEGGING OUT

(a) Peg nightdresses and chemises by the shoulders or bottom hem.

(b) Sheets and tablecloths hang double, yet so as to catch the wind. Peg four inches in from the selvage on either side.

(c) Stockings should be pegged by the feet.

(d) Collars and cuffs should be strung on a tape.

(e) Peg handkerchiefs three together.

HOW TO DAMPEN CLOTHES

1. Dampen clothes some hours before ironing, so that the moisture may spread evenly.

2. Sprinkle clothes evenly all over, using warm water for starched things. Use the tips of the fingers or a clean whisk. The clothes must not be made too wet.

3. Pull out frills, remove creases and fold the clothes length-wise, as evenly as possible; roll those clothes to be ironed, each article separately, frills and sleeves inside. Table napkins, handkerchiefs, and

small towels fold in half and roll up in half dozens.

4. Pack the clothes in a basket lined with a damp cloth, cover with another damp cloth, and leave in a cool place until ready to iron or mangle.

N.B.—It saves time in dampening if the clothes are taken off the line before quite dry, and folded and rolled up ready for ironing or mangling.

Clothes put through stiff starch are an exception, and need thorough drying to prevent the iron from sticking.

MANGLING

This takes the place of the iron for flat work.

See that the mangle rollers are perfectly clean, screw them down tightly.

Clothes for mangling should be slightly damp.

Fold by the seams without creases as evenly as possible.

Make the article into a long narrow even strip, double in half smoothly before mangling.

Tablecloths, napkins, sheets, towels and handkerchiefs fold in four length-wise, selvage to selvage first, then double the long strip thus formed by tablecloths and sheets into two. The hems must not be brought close together, as that would be too thick for the mangle.

As clothes are ready to be taken from the mangle others should be ready to go in before the last are entirely out, as this prevents injury to the rollers.

Turn the rollers slowly and keep the clothes even.

Air well all clothes after mangling.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 8.

THE WASHING AND FINISHING OF WOOLLENS

MATERIALS

Warm soft water, soap jelly, ammonia or borax. If the water is not soft add one tablespoonful of borax to each gallon. One part boiling water to one and one-half parts cold makes a good heat for woollens.

PROCESSES

Wash the cleanest and lightest in color first.

1. Shake to free from dust.
2. Wash by squeezing in warm soapy water on the right side. The soap lather must not be too strong, or it will injure the flannels. Squeeze woollens out of this water, turn on the wrong side.
3. Wash by squeezing in a second warm soapy water, on the wrong side.
4. Rinse until free from soap in clear warm water.
5. White woollens and flannels may be slightly blued.
6. Pass through wringer, or squeeze water out by hand. Wringing by hand is apt to twist the fibres out of shape.
7. Shake to raise woolly fibres.
8. Dry quickly in the wind, thickest parts uppermost.
9. Iron with a moderately hot iron over damp cheesecloth.

Flannel blouses look better if ironed. See method for ironing cotton blouses.

Woollens, including stockings, do not need ironing, but should be neatly folded, stockings rolled together in pairs. Some people with sensitive skins like woollens that are to be worn next the skin ironed on the wrong side.

10. Air all woollens carefully.

Points to Remember in Washing Woollens:

1. Never use soda.
2. Never use hot or cold water.
3. Never rub woollens with soap or the hands, except the feet of stockings.
4. Never hang to dry in very hot sun or near a fire, as all these things injure woollens, causing them to shrink, become hard, felted, and thickened.

COLORED FLANNELS

These are washed as above, but for delicate colors the water should be only tepid, and the washing should be done quickly, and to the last rinsing water add salt (see card). This acts as a mordant and fixes the color.

NATURAL COLORED OR JAEGAR WOOLLENS

These may be washed like other woollens, or may be first treated as follows, especially when new:

To quite warm water add strong ammonia (one tablespoonful to a gallon), and soap jelly to raise a slight lather. Put the soiled woollens into this, cover with a board to keep in the volatile ammonia, and the heat. Leave to steep for half an hour. Then wash and finish as for other woollens.

The ammonia dissolves the grease, softens the water, and thus aids washing.

Nun's Veiling, Delaines, Serges, and other woollen dress materials are laundered as for woollens. They may be slightly stiffened with gum arabic (see card) to restore their original body.

Shawls should be washed as woollens, but do not hang them to dry, as it spoils their shape. Instead, either pin out on a clean cloth on table or floor, or place loosely on a flat surface and turn constantly till dry.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 9.

THE LAUNDERING OF SILK

Glaze and delicate silks and silk lace should not be washed with soap and water, but in gasoline. See card on gasoline.

1. Washing silks are washed in the same way as wool, by squeezing in warm soft soapy water. Great care must be taken not to rub the silk nor to twist the delicate fibres.

2. To the last rinsing water for silks, which should be cold, add:

One teaspoonful methylated spirits to each quart of water. (This gives a gloss).

Four tablespoonfuls gum water to each quart of water. (This stiffens).

Do not use gum water for tussore silk.

For colored silks add also:

One tablespoonful of vinegar to each quart of water. (This revives color).

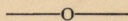
Quarter-cupful of salt to each quart of water. (This sets the color).

Blue the last water for white silks.

Squeeze the silk lightly out of this last rinsing water.

3. Fold the silk in cheesecloth and pass through wringer.

4. Roll in a clean dry cloth, leave for an hour before ironing.



TO IRON SILK

1. Silks are ironed whilst damp.

2. Iron with a moderately hot iron, but take great care, as silks easily scorch. If silk is rather damp, iron it first over cheesecloth.

3. Iron on the right side for glossy silk, on the wrong side for dull finish silk.

Silks should be washed and finished as quickly as possible.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 10.

THE LAUNDERING OF COLORED COTTONS

MATERIALS

Warm soft water, soap jelly, borax to soften hard water, salt, vinegar and ivy leaf water to act as mordants.

For very delicate colors instead of soap use one of the following: Soap bark, bran, rice or potato water. (See card on starch).

Boiling water starch should be made and allowed to cool before it is used.

PROCESSES

1. Wash in warm soapy water on the right side. Do not rub more than can be helped. Squeeze instead.

Add ivy leaf water for dark colored grounds (See card).

2. Wash in warm soapy water on the wrong side.

3. Rinse in clear warm water.

4. Rinse in cold water with the following:

To each gallon of water add a handful of salt (to set colors).

To each gallon of water add four tablespoonfuls of vinegar (to revive pink, blues, and reds).

5. Starch in cooled boiled starch.

If the colors run add salt to starch also.

6. Dry quickly in the shade the wrong side out.

Points to Remember

Avoid hot water, rubbing soap on, sunshine or great heat during drying, and do not allow clothes to lie long in the water, as all these things are likely to cause the colors to run.

TO IRON COLORED COTTONS

Colored cottons are dampened, rolled tightly and left for an hour or so before ironing, as other clothes are.

Take care to roll them in an old cloth and keep separate from other clothes if the colors run.

Iron on the right side unless there is a raised pattern.

The irons must not be too hot, or they will cause the color to fade.

**THE WASHING OF FINE WHITE LACE, CHIFFON, NET AND LACE
CURTAINS**

1. Soak overnight in warm water, add one tablespoonful of dissolved borax to each quart for lace, chiffon and net.

For lace curtains add one tablespoonful of soda solution to each gallon.

The soaking water for curtains should be changed two or three times.

2. Wash by squeezing gently in warm soapy water.

Real lace must be handled very carefully, and is often tacked to white cotton before being washed.

3. Boil, if necessary, for fifteen minutes, except chiffon.

Put laces in a cheesecloth bag for boiling, and curtains in a string bag.

4. Rinse until all soap is removed.

5. Stiffen by dipping in a cup of water, to which is added one or two tablespoonfuls of gum water, according to the stiffness desired and the texture of the lace. Loose open lace requires more in proportion.

If the lace is to be pure white add a little blue to the stiffening water; if cream add a little strained tea or coffee; if straw colored make a strong infusion of hay water, and use this instead of clear water for the stiffening water. A piece of white cotton in all cases should be used to test the colored water before the gum solution is added.

Squeeze the lace from this water, place in a cloth and squeeze again.

6. Pin lace on a covered table, wrong side of lace up, place a pin in each scallop, leave until nearly dry, then remove pins and press with a moderately hot iron.

If the lace is shaped, take care to preserve the shape during drying; if it is straight keep the selvage edge on the edge of the table.

Curtains, except Madras, should be starched in boiled starch; use ecru starch if a cream color, then stretch curtains on a stretcher, one over the other, or pin out each scallop on to a sheet on the floor, keeping the sides straight.

Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 11.

THE IRONING TABLE AND ITS FURNISHINGS

A firm table or ironing board is necessary. See card on laundry equipment for this.

Under the ironing board spread newspaper.

At the right hand side should stand an iron stand, a paper for testing iron, and if necessary an iron holder. Near by should be placed a bowl of warm water and a white rag for dampening dry parts.

Two cloths for dusting iron, a box of powdered bathbrick and a piece of beeswax should be at hand.

To Clean an Iron Heated on a Stove:

1. Rub on powdered bathbrick, dust this off, do edges carefully.
2. Rub beeswax lightly over iron.
3. Polish on a clean rag.
4. Test for heat on clean paper before using.

If an iron becomes coated with starch scrape off with a blunt knife and clean as above.

GENERAL RULES FOR IRONING

1. Iron in a good light.
2. Iron those parts first which will crush and crease least, as, for example, trimming and bands.
3. Keep the garment rolled up as far as possible; and cover with a damp cloth to keep it moist, if necessary.

4. Avoid crushing the garment between the ironer and the table; push the finished work away from the ironer.

5. Make the left hand work also; it should remove creases and pull the work taut to prevent creases.

6. Dry all fullness carefully.

HOW TO IRON AND FOLD A HANDKERCHIEF

1. Place handkerchief smoothly, right side down next to table, with the name at right hand top corner.
2. Iron all round edges, and then the centre part.
3. Fold in half, from the bottom upwards, and iron.
4. Fold in half again from the bottom upward and iron.
5. Fold in half from left to right and iron.
6. Fold in half again from left to right and iron.
7. Turn and iron name.

This is a quick method of ironing both sides of a handkerchief without lifting it from the table.

THE IRONING TABLE AND ITS FURNISHINGS—(Continued)

TO IRON AND FOLD A TABLE NAPKIN

1. Turn lightly over the wrong side of table napkin, do the edges first and centre part last.
2. Iron heavily on the right side as before.
3. Fold in a three fan fold, and iron.
4. Fold in three again, fanfold, having the name on the top, and iron.

Irons for table linen should be hot and heavy.

—○—

TO IRON AND FOLD A TABLE CLOTH

Since table cloths are large and heavy they are usually only ironed on the right side. A large table is necessary.

To Iron. First Method:

If space allows roll the dampened cloth by the narrow side. Keep roll next to ironer. Unroll only as much as table will take. Iron this with the selvage threads, pressing heavily. Place the ironed portion over the back of two chairs on further side of table, as it becomes necessary roll ironed portion loosely. When the whole is ironed, fold in four by screen fold and press folds. Air thoroughly.

When table cloth is aired roll it up and tie with tape.

Second Method:

Fold dampened cloth in four by the screen fold, then iron a quarter of it at a time. Fold as by first method.

TO IRON A PLAIN APRON

Iron with a hot iron.

1. Bands on both sides.
 2. Hem of skirt on wrong side.
 3. Bib on right side.
 4. Skirt from hem to waist, running point of iron well into gathers.
 5. Air. Then fold as per card on folding.
-

TO IRON BODY LINEN

1. Iron on the wrong side all trimming.
2. Iron on both sides bands, yokes, upper and under parts of sleeves.
3. Iron on the right side the body part of garment, running the point of the iron well into the gathers.

A Nightdress and Chemise are folded down the centre of the front, and are ironed front and back, first one side, then the other. Or they may be spread over a skirt board and ironed as a skirt is.

Drawers: Fold each leg down centre, iron fronts first, then the back. Do both sides of hem.

For folding see card on folding.

THE IRONING TABLE AND ITS FURNISHINGS—(Continued)

TO IRON A DRESS OR PINAFORE WITH SLEEVES, OR SHIRTWAIST**Iron:**

1. Neckband, yoke, cuffs on both sides.

2. All embroidery on the wrong side.

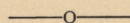
3. Armhole seam.

4. Fold sleeve by inner arm seam, iron front part of sleeve first, then under side, run toe of iron well into the gathers. Remove crease down centre of sleeve by opening it out on table, slightly dampen it and iron out.

4. Wrong side of bottom hem.

5. Body of garment, keep the neck at the left hand, and iron from hem to neck. The finished work should be pushed away from the ironer.

A dress is done in the same way, except that the body part of top is ironed before the skirt.

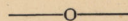
**TO IRON A WHITE UNDERSKIRT**

1. Iron bottom hem on wrong side, then on the right. Do the part under frill at the same time.

2. Iron embroidery and tucks on wrong side.

3. Iron body part of garment on the right side.

4. Iron wrong side of waist band and strings, if there are any.

**TO IRON STIFF COLLARS AND CUFFS**

Collars and cuffs, to be very stiff, must be starched in cold water starch. See card on starch.

The collars and cuffs must be dry when starched, and quite wet when ironed. The irons must be very hot and clean.

To Iron:

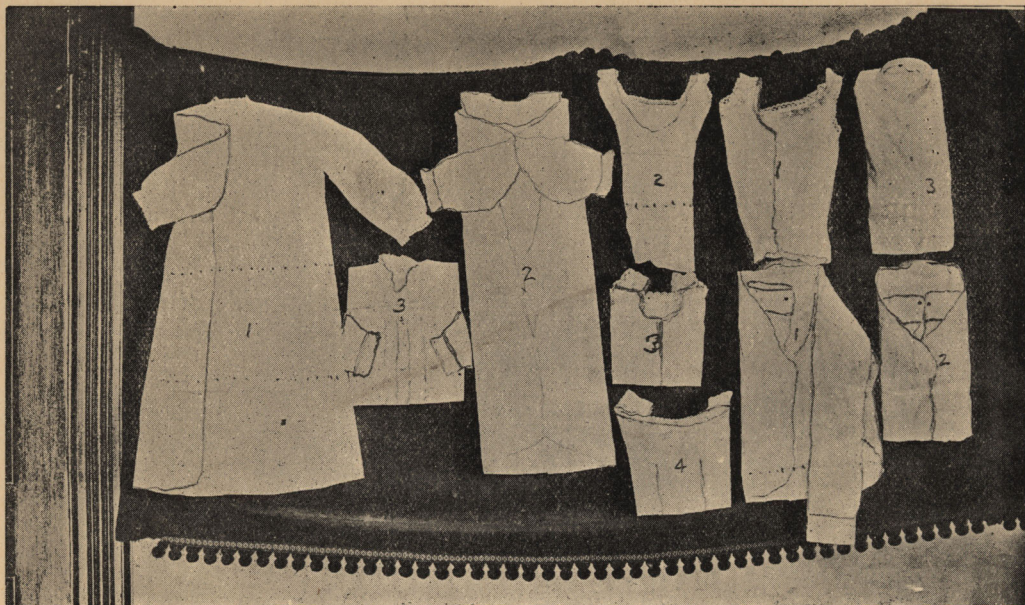
1. Pull collar or cuff into shape.

2. Remove any loose starch with a clean damp rag.

3. Lightly pass a hot iron on the wrong side, pushing all fullness to the lower edge. Stretch collar lengthwise with the left hand as the right hand moves the iron.

4. Turn and press heavily on the right side, treating fullness as above. Continue pressing on the wrong side lightly and then heavily on the right, until the collar is dry.

5. Curl and hang to air.



Victoria Public Schools

DOMESTIC SCIENCE

COURSE I.

LAUNDRY WORK

CARD 12

TEXTILE FABRICS

COTTON

Cotton is of vegetable origin, it is fibrous and surrounds the seed of the cotton plant. Under the microscope the cotton fibre looks like a long, flattened, twisted tube, thicker at the edges than in the middle. The cotton fibre is separated from the seeds, cleaned, carded, twisted and spun. It is then woven into material.

Effect of Alkalies on Cotton:

Cotton shrinks in a strong alkaline solution, and becomes slightly burned, having a brownish appearance. A weak solution does not injure cotton.

Effect of Acids on Cotton:

Cotton is destroyed by strong acids, but weak acids are not harmful to it.

Colored cotton loses its color if exposed to the sun.

LINEN

Linen is manufactured from flax, it is the inner fibre of the stem that is used. A linen fibre under a microscope appears as a round, long, transparent tube, with thick smooth walls and a central canal. Owing to its smooth walls it is smooth to the skin.

Linen is stronger than cotton, has more lustre, and is a better conductor of heat, which makes it cool to the skin.

The effect of alkalies and acids is the same as upon cotton.

WOOL

Wool grows on the skin of sheep and goats, from which it is cut each year.

A wool fibre under a microscope is seen to consist of a number of overlaying cells, the outer ones being irregular and serrated. These cells, as the wool is on the sheep's back, all point one way, from the root downwards, and they cannot interlock and shrink. But when wool is made up into material the fibres lie in different directions and the serrated edges are liable to interlock and the wool to shrink. Wool shrinks if put into waters of different temperature. If a strong soap or soda is used in washing it, if rubbed in water, if dried too near heat, or if ironed with a hot iron.

Effects of Alkalies on Wool:

Wool is destroyed if put into a strong solution of soda or lye, the alkali dissolves the wool.

Effect of Acids on Wool:

Weak acids do not injure wool, but strong mineral acids will destroy it.

SILK

Silk is made from the silk fibre which the silk worm spins round its body in the chrysalis stage.

The silk fibre is smooth, round and glossy.

Silk is a delicate fabric and requires careful laundering.

It is injured if rubbed or twisted, as this breaks the fibres. Hot water, strong

soap, and all alkalies injure silk, and turn white silk yellow.

Effect of Alkalies on Silk:

Strong alkaline solutions destroy silk by dissolving it. They also destroy the color and rot the material if used as a weak solution.

Effect of Acids on Silk:

Weak solutions of vinegar are not harmful to silk, but strong acids destroy it.

